



Alaskan Halibut, Salmon and Crab Roulade



Gluten Free

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READY IN

ready

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55 min.

SERVINGS

servings

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4

CALORIES

calories

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929 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces brie cheese finely chopped
- ☐ 0.5 pound butter whole
- ☐ 8 sprigs chives for garnish
- ☐ 4 ounces alaskan king crab leg and claw meat cooked
- ☐ 5 sprigs thyme leaves fresh
- ☐ 1 large garlic clove minced roughly chopped
- ☐ 1 pound alaskan halibut fresh thick cut into 4 4-ounce square pieces filet halibut in half if too
- ☐ 0.5 pound mushrooms assorted cleaned halved sliced

- ☐ 1 ounce olive oil extra-virgin
- ☐ 0.5 bottle mirin
- ☐ 8 ounces alaska salmon fresh cut in 2-ounce rectangle pieces
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 tablespoons shallots divided
- ☐ 2 tablespoons tarragon fresh italian finely chopped
- ☐ 1 pound yams diced

Equipment

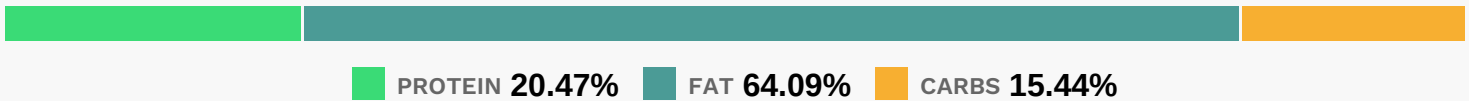
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ meat tenderizer

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Cut halibut and salmon into appropriate weights, cover each piece with plastic wrap and pound out with flat side of a meat tenderizer, or meat mallet, to 1/4-inch thickness. In a small bowl combine crabmeat, Brie cheese, 1 tablespoon fresh chopped herbs, 1 tablespoon shallot, 1 teaspoon minced garlic and salt and pepper, to taste. Season both sides of halibut with salt, pepper and some of the fresh herbs.
- ☐ Lay on an individual piece of plastic wrap, twice as big as the fish piece, flesh side down.
- ☐ Lay salmon piece on top of halibut, directly in the middle. Season with salt and pepper.
- ☐ Spread 1/4th of the crab and Brie mixture in the middle of the salmon. Do this with all 4 pieces of fish. Take plastic wrap that the fish is laying on and wrap fish into a tight roll, twisting the ends to make a "tube". Refrigerate.

- ☐ Toss yams, roughly chopped garlic, thyme sprigs and olive oil in a bowl until completely coated. Season with salt and pepper.
- ☐ Spread evenly on a sheet pan and roast in a 350 degree F oven for 15 to 20 minutes or until tender. While yams are roasting combine Riesling and 2 tablespoons shallots in a small saucepan. Reduce by 3/4 over medium-low heat.
- ☐ Whisk in butter a little at a time until completely combined. Once all the butter is beaten in, remove from heat and season with salt. When yams have about 10 minutes left to finish, take fish rolls from the refrigerator and slice each roll into 3 or 5 equal sections.
- ☐ Remove plastic wrap after cutting and lay shingled out on well-greased sheet pan and put into oven with yams. When yams are done, fish should be done as well. While fish and yams are cooking, heat saute pan with 1 tablespoon whole butter. Once hot, drop mushrooms into pan and saute over medium-high heat until crispy and tender. Season with 1 tablespoon shallot, 1/2 teaspoon minced garlic, salt and pepper, to taste.
- ☐ Remove yams and fish from oven.
- ☐ Place a 3 or 4-inch ring mold in center of plate and fill with roasted yam hash, pressing down firmly.
- ☐ Remove ring mold.
- ☐ Place mushroom mixture on top of yam cake, allowing it to spill slightly over the side. Take fish roll and shingle in front and up yam cake, creating some height with the back piece of fish.
- ☐ Drizzle 1-ounce Riesling butter over front edges of fish slices.
- ☐ Garnish with 2 chive sprigs and serve.

Nutrition Facts



Properties

Glycemic Index:106.19, Glycemic Load:15.01, Inflammation Score:-10, Nutrition Score:41.824782620306%

Flavonoids

Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 928.92kcal (46.45%), Fat: 66.65g (102.54%), Saturated Fat: 36.05g (225.33%), Carbohydrates: 36.14g (12.05%), Net Carbohydrates: 30.27g (11.01%), Sugar: 2.7g (3%), Cholesterol: 248.91mg (82.97%), Sodium: 897.78mg (39.03%), Alcohol: 0.01g (100%), Alcohol %: 0% (100%), Protein: 47.89g (95.79%), Selenium: 93.72µg (133.89%), Vitamin B12: 6.19µg (103.15%), Vitamin B6: 1.64mg (82.01%), Vitamin B3: 15.04mg (75.22%), Phosphorus: 632.09mg (63.21%), Potassium: 2053.69mg (58.68%), Vitamin K: 48.81µg (46.49%), Vitamin A: 2162.63IU (43.25%), Copper: 0.84mg (42.11%), Vitamin B2: 0.71mg (41.51%), Vitamin D: 5.58µg (37.23%), Vitamin C: 29.42mg (35.66%), Manganese: 0.6mg (30.23%), Vitamin B5: 2.95mg (29.49%), Vitamin B1: 0.4mg (26.94%), Folate: 105.25µg (26.31%), Zinc: 3.86mg (25.71%), Magnesium: 98.43mg (24.61%), Vitamin E: 3.52mg (23.49%), Fiber: 5.87g (23.47%), Iron: 2.41mg (13.37%), Calcium: 129.77mg (12.98%)